

Green Bean Casserole

- 1 lb Green Beans, rinsed and cut in half
- 2 Tbs Vegan Butter or Olive Oil
- 1 small Onion, diced
- 2-3 cloves Garlic, minced
- 1 cup Mushrooms, finely chopped

- 2 Tbs All-purpose Flour
- 3/4 cup Vegetable Broth
- 1 cup Unsweetened Plain Almond Milk
- 1 1/2 cup Crispy Onions
- 1 tsp Salt (or more to taste)

- Preheat oven to 400°F
- Steam green beans for 5 mins. Remove from heat and set aside.
- In a skillet, heat butter or oil with onions and garlic; cook for 2-3 mins.
- Add in mushrooms and cook for another 3-4 mins.
- Sprinkle flour and stir to coat veggies.
- Slowly add vegetable broth and whisk to combine.
- Add salt and Almond milk and whisk. Reduce heat to simmer to thicken (5-7 mins). Taste and adjust seasoning as desired. Remove from heat.
- In baking dish, combine sauce, green beans, and 1/2 cup of crispy onions. Top with the rest of the crispy onions.
- Bake for 15 mins until bubbly and slightly browned on top.

Vegan "Egg" Nog

- 3 cups Unsweetened Non-Dairy Milk
- 1 pkg. Mori-Nu Silken Tofu, Firm or Extra-Firm
- 1/2 cup Organic Cane Sugar

- 4 tsp Vanilla
- 1 tsp Cinnamon
- 1/2 tsp Nutmeg

For Cold

- Blend until smooth all ingredients.
- Store in refrigerator until cold.

For Hot

- Blend all ingredients until smooth.
- Pour into saucepan, and warm slowly until warmed through, not boiling.

Mashed Sweet Potatoes

4-6 Sweet Potatoes, peeled and cubed

1/4 cup Unsweetened/Plain Almond Milk (or other plant-based milk of choice)

2 Tbs Maple Syrup

1/2 tsp Himalayan Salt

- Place potatoes into steamer pot and cover. Steam until tender.
- Transfer potatoes to mixing bowl and mash until smooth.
- Add in rest of ingredients, and stir well.

Ranch Dressing

3/4 cup Raw Cashews

1 Tbs Onion Powder

1 tsp Garlic Powder

2 Tbs Agave

1 tsp Himalayan Salt

1 tsp Dill

1/4 cup Lemon Juice

1 cup Water

- Place all ingredients with 1/2 of the water into a blender. Blend until smooth, scraping down sides if necessary.
- Add the rest of the water, and blend until combined.

Vegetable Pot Pie

8 medium Potatoes, peeled and cubed

1 large Onion, chopped

4 cloves Garlic, minced

1 1/2 cups Frozen Mixed Vegetables

Cream Sauce: 1 cup Raw Cashews 2 tsp Onion Powder

2 tsp Salt 1 tsp Garlic Powder

1 Tbs Chicken-Style Seasoning

1 Tbs Nutritional Yeast Flakes

2 Tbs Cornstarch or Flour

4 cups Water, divided

Crust: 1 1/2 cups Flour

6 Tbs Vegan Butter

1/4 tsp Salt

3-5 Tbs Cold Water

1/2 tsp Garlic Powder

1/2 tsp Onion Powder

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- Preheat oven to 350°F.
 - Water sauté onions and garlic for 2-3 mins. Add potatoes and 2 cups of water; let simmer while preparing sauce, and crust.
 - In a blender add cashews, salt, chicken-style seasoning, nutritional yeast flakes, onion powder, garlic powder, cornstarch and 1 cup of water. Blend until smooth. Then pour in last cup of water, and blend. Set aside.
 - In a bowl, combine flour, salt, garlic powder, onion powder. Fold in butter. Gradually add in water, a little at a time until soft dough forms. Roll out onto floured surface to 13x9".
 - Add blender ingredients to pot and stir until it thickens. Pour into baking dish and topped with crust.
 - Bake for 20-25 mins until golden brown.

Vegan Ratatouille

- 2 pint Cherry or Grape Tomatoes
- 1 medium Eggplant, diced
- 1 medium Zucchini, diced
- 1 medium Yellow squash, diced
- 1 medium Red & Yellow/Orange Bell Pepper, diced
- 1 medium Yellow Onion, diced
- 6 Tbs Olive Oil, divided
- 2 Tbs Lemon Juice
- 6 cloves Garlic, minced
- 1/2 tsp Salt
- 1 tsp Oregano

- Preheat oven to 425°F
- Toss tomatoes with 2 Tbs Olive Oil and sprinkle with Salt, and set aside
- In a large mixing bowl, combine eggplant, zucchini, yellow squash, bell peppers, and onions. Whisk together 1/4 cup Olive Oil, lemon juice, garlic, and salt. Pour over vegetable and gently toss until coated.
- Place vegetables on a baking sheet in a single layer.
- Place vegetables and tomatoes in oven. (Vegetables above, tomatoes below) Bake for 20 mins.
- Remove from oven; toss together and serve over pasta or rice.

Lemongrette Dressing

- 1/2 cup Lemon Juice
- 1/2 cup Olive Oil
- 1 clove Garlic
- 1/4 cup Honey or Agave
- Pinch of Salt
- Blend all ingredients until smooth

Cooked KALE

1 Bag KALE

1 T BAKON SEASONING

1 t ONION powder

GARLIC

SALT

1 MEDIUM ONION (CHOPPED)

2 T OLIVE OIL

1 T BRAGGS AMINOS

$\frac{1}{2}$ CUP WATER

3-4 CLOVES OF GARLIC

Mix EVERYTHING IN A POT AND COOK UNTIL EVERYTHING IS TENDER